

Dr. Carlos Blair

And I say good evening to you one and all. Well it is indeed a pleasure for me to have the opportunity once again of manifesting in this manner. And I want to especially welcome those who've not had this opportunity previously. I might tell you of course that I'm Dr. Carlos Blair and I'm a little bit English, but I hope that won't bother you too much.

And it seems as though this evening by some, I would say, accident possibly, Robert indeed allowed me a little extra time, so I believe I'll try to utilize it as well as possible.

I feel as though this evening I'd like to speak on a subject that is one that man has great difficulty with realizing with clarity of thought, and I would like to speak on the statement of, "Be still and know that I am God".

It seems as though mankind in the physical body sets forth with one of his major intents and purposes is to, of course, find his a-one-ness with God. And in so doing many times he reaches out in different manners, in different ways, trying to force, as it were, that a-one-ness, and if man could but realize and understand that he does not need to, as it were, seek God, because God indeed is seeking man. And in that thought and in that connotation it is merely necessary, as such, for man to be still within himself and allow the God that is there to manifest forth to his own levels of consciousness and awareness. It is simply done but man chooses, as it were, to make it extremely complicated.

First of all it would be my suggestion, and those of us here in spirit, that if you indeed want to be still and know that God is God, then it is a matter of, first of all, quieting of the mind, secondly quieting of the soul, and thirdly, it is a matter of setting aside all things as you know them to be, and realize that you cannot receive things except from the one source, where they manifest. It is not at all unlike someone who is in the physical body. Let's assume for a moment that I were in the physical body, and I had a thing of some nature that you wish to achieve or to receive, to have me give to you. Logic would say that you shouldn't go to someone else to ask for it, because after all if I have it and you want it from me then I would be the logical one for you to go to, to ask directly. If you went to another that other might indeed, say well I believe he'll give it to you. But that wouldn't get it for you. It is going directly to the source of the supply, and that indeed is the process by which one comes into his a-one-ness and awareness of God Almighty, is through the processes of being still, entering in to the periods of quiet. And I might suggest that in the beginning, especially, it would behoove each of you to set aside the time where you are not involved with others, but where you do not have that distraction of another individual's presence. Being totally alone, as it were, in the physical sense, selecting a time when you are reasonably sure, as it were, that you won't have interruption or distraction.

Then I would highly suggest of starting, first of all, with an attitude of prayer, if in not in reality with prayer itself, because to so do will align oneself with their awareness of God and therefore open themselves to that channel, and in the process of going forth in the form of prayer, you will be elevating your own vibratory levels to be in the receptive state, once you have done so.

Then it is a matter of sitting quietly. You know the child will do this without any thoughts, what so ever. The child would not think of asking God for something and then not be in quiet to listen to see if they can hear God's answer. And I believe indeed this was what Christ spoke of when he said, that lest you become as little children you will not know the kingdom.

It is indeed necessary then for each of you who wish to allow God to seek you, the inner self of the individual, it is necessary for you to not only ask in the levels of prayer but also then to remain quiet for some time, to allow the thought forms to enter in for the guidance and direction that is so sorely needed. It is not that of creating a vacuum, as it were, in the mind because that is something of course which immediately, well there is great emphasis placed on feeling a vacuum, but rather it is a process of allowing the mind to be in a relaxed and passive state, and then quietly listen, and I'm not speaking in the connotation of listening with the physical ear, but listening through the conscious levels, through that of visualization, through that of an inner awareness in knowing, or that small, still voice within. You know you hear that word utilized in that manner, or that phrase I should say. And you listen to the small, still voice. Well, if it's still it couldn't be much of a voice. But in reality it is because it is not as though you're hearing it in the connotation that man normally thinks of.

If you are indeed entering prayer and then you're becoming quiet and you're anticipating that God is going to audibly speak into your ear with the answers you're looking for, you're going to have some disappointment and difficulty. First of all if someone does speak in that manner it's not going to be God Almighty, I can assure you. It will be that of spirit, and if so then, of course, it is not with perfection. It is with the imperfections that all of us in the spirit world have with the limitations of our understanding and awareness. Therefore as I have said too many times previously, we are not infallible. And we can teach the truth to the extent that we have the understanding ourselves. However, that is completely different as it were, than having a revelation from God. And that revelation that all look for, the process that man so commonly refers to as receiving of the Holy Spirit, comes about only through man opening himself on a conscious level so that his subconscious can be activated to indeed receive and respond to, God finding man, not man finding God. And through that process that man finds himself coming into his own awareness and a-one-ness in the consciousness of being born again or that of receiving of the Holy Spirit.

It is not as complicated as man likes to make it be. It is a matter of desire, self discipline, willingness and patience. That man must not expect the first time that he encounters that situation of indeed having the complete and full revelation of the awareness and a-one-ness of God. It will manifest on a rather slow manner. Man usually when he goes into within himself to

what he refers to as that quiet place, then he finds that it is not at all quiet, especially in the beginning, because he is plagued by many thoughts incoming to his mind. And they may be thoughts of the material, the things of the world, the things that have happened, what others have said and done. And when he has indeed completed that period of time of quietness, he looks upon it and says my goodness, what a waste, I didn't get a thing.

Well in reality, it is as I mentioned previously, that of having entered into a spiritual awareness through pray, the centering in that portion of self, and then allowing on a passive level the incoming awareness to be produced for you in whatever manner it might manifest itself, whether it is in thought form, whether it is in visualization, whether it is nothing but upliftment of an inner feeling of a-one-ness with God Almighty in the universe. But none the less that is the simple process of allowing oneself, as it were, to receive the Holy Spirit.

As I have said previously, it would be well in the beginning especially for one to do this in the absence of others, so there is not that additional distraction. Once one has been able to manifest it in that manner on an individual basis, then, of course, in doing it with others there is the opportunities for exchange that all can profit by. But in the beginning, it is well to go within your closet and close the door and pray to your God Almighty who is within, around and a part of each and every one of you. And then be still and know that he is God. And it is through that being still that you do come into the knowledge of the awareness and a-one-ness of God Almighty. There is no need to ask for it, to seek it, to pray for it, as it were, because remember man-- it is not necessary for man to seek God because God is seeking man. It is only necessary to allow yourself to be the receptacle and to be receptive to that awareness and a-one-ness and then it'll be easily attained by each of you. As I said so many times previously in so many different concepts of thought, man has chosen to shroud it in great areas of mystery. He has chosen to make it difficult, he has chosen to set it apart from reality, and he has created rituals and concepts that only those of high intellect can understand. And even then they find that it is without fruitfulness when they endeavor to utilize it.

All things in your universe, the simplicity of the very seasons of themselves, the simplicity of God's natural laws, that of the processes of the cycles that I have spoken of previously. The simplicity of your universe in itself should give mankind an insight to the true simplicity of their God awareness.

It is not beyond the attainment of any one of you. It is merely yours, not for the asking, but for the opening of self and allowing yourself to be the receptacle to receive that which God wishes more than any other single thing.

It is not necessary, as you know from having been here in this little church, for you to have a given connotation even in your own minds eye, as it were, as to depicting the formation of God. As I have said so many times before, it can be an awareness of the very process of the breath that you take within your body, of realizing that with each breath that is taken in, that

there is a consuming and a drawing into self that life force energy, which in itself is a part of the God force.

Now I think you might have several questions about it, because any time it's simple then it's necessary to be certain there's not complications. So I'll allow you to ask anything you like now pertaining to the subject that I have spoken on.

Question: In the beginning of your talk tonight you talked about quieting the soul as well as the mind. How does one go about quieting the soul?

Dr. Blair: That is indeed a fair question and the soul of course is that inner self that is separated, as it were, from the emotional levels of the being, and the soul is that inner receptacle for the God part of self, and it is a process of feeling love for all things, all people, and compassion for those who are in need of it, and through that process you can quiet the soul.

Question: I want to thank you for a beautiful message.

Dr. Blair: Well it's my pleasure and we'd like to welcome you here, by the way, and I think it'd be well if they stayed, you know, on a regular basis now. I'm teasing them a little bit, you know. Yes, but I mean it, they'd be very welcome here. I'll tell you that and besides that it's cold back there. Yes.

Question: _____ you spoke of the imperfections of spirit is this, does everyone in spirit know that they're not perfect?

Dr. Blair: Well, it is like those who are in the physical body. There are those here in spirit who would like to think indeed they are, because you know, we are affected to some extent, as man is in the physical, with the necessity, of what should I say self aggrandizement, and sometimes in that process there's a little thread of ego yet that is still in the way, and so because of that they may not accept the fact that they have indeed not yet arrived. The majority, I would say, should especially those who are on the higher levels of understanding should certainly have that awareness, because we are constantly reminded of it.

Response: Does everyone have an awareness of God when they go into spirit?

Dr. Blair: Yes, I would have to say that all have some a-one-ness and awareness of God, the God force, the God energies, the God light, as it were. But of course those who are entering into the darker planes have a lesser awareness than those who are entering in with greater understanding.

Question: I hear so often people say when I receive the Holy Spirit, can you explain that to me please?

Dr. Blair: Well I think for the lack of a better understanding, they have talked about that moment when their heart, they felt as though inwardly their heart had opened up and set aside the things of the world, and the material and had chosen to strive to follow the teachings of the one you

know as Jesus the Christ. And that upliftment of the inner soul, at that point in time, I believe the majority, in the connotation you're speaking of, refer to it as having received, indeed, the Holy Spirit. But there are those of course who do not have the real understanding of the awareness of that terminology, because someone sprinkled a little water or whatever and said a couple prayers and said, 'oh now you have the Holy Spirit.' And they just say, 'oh yes of course'. It's a little bit like the sheep, you know, that one goes over the bluff, all the rest follow. Yes. And that's why I constantly, here in this setting of this little church, have reiterated time and again the importance of no individual accepting on the basis of what another has said. That that indeed is truth for themselves including those of us in spirit because that's why God has given you the intellect, the mind capacity to be analytical, logical and so forth. So you take it within and then if you find the acceptance of it then that's fine, if not you set it aside. Certainly.

Question: When you are studying with your teachers who are working with their teachers, do you have similar problems to us that are here on the earth plane? When you're working on something that's difficult for you?

Dr. Blair: Well if you're asking child, if we all agree in understanding, or if we all understand, of course we don't. And that is if we did we wouldn't have the problem and therefore we wouldn't have the need for instruction from those particular ones anymore than you would receiving instruction from spirit. So it is indeed a process of our trying to be spiritually aware and open to greater understanding. But you know my medium, as an example, and this is why he doesn't listen you know, he's very stubborn, you know. And many times he does not agree with what I have to say. And he takes exception to it. Well it's no different than I am with my teachers. There are those times when thoughts are given that I cannot comprehend within myself and I cannot be in atunement with, so therefore I find that I have to, temporarily at least, set them aside. And then usually, not unlike you in the physical, find out a little later, well now I see the worth of it all. See what I'm saying?

Response: Uh ha _____

Dr. Blair: Certainly.

Response: Do you meditate at your level, do you do a meditation?

Dr. Blair: Well of course child, yes but not in the same connotation that you have awareness of. Ours is more that of centering upon the radiance of God's light and trying to reach to a higher radiance of that light rather than what you would refer to as waiting for answers. Do you see what I'm saying?

Response: You're raising the vibration by seeing the light.

Dr. Blair: Yes of course, and sometime when I feel the little group is ready for it I might indeed bring that forth in the form of a meditation. Well the only, yes, just a moment, I realize it, what's

the time David? Well so now go on. It seems as though that I want to say that indeed the level that man can in a physical body, find himself atuning himself to, through the utilization of that method, might indeed be somewhat beyond his ability, not only to comprehend, but even he might find it a little bit disturbing, as it were. So I would do that only when I felt that all present were ready for it. Do you understand what I'm saying? Yes.

Response: Thank you.

Question: When I'm still and I'm meditating, and what I hear, could that be from my teacher, too, as well as from some other source?

Dr. Blair: Well of course and if you're hearing it in the connotation that I believe you're speaking of, that of as though it's audible, then of course you are indeed working primarily with those of us here in spirit which are, have attached themselves to you for that purpose.

Response: I can hear it with my ears.

Dr. Blair: If you heard it inside your head, yes, that's the best way I can explain it because that's the vernacular that you speak of, you see. But if you hear it inside your head like that it's still usually spirit. See that's the way I speak to Robert most of the time. Unless I can't get his attention then I holler in his ear. Yes.

Response: Thank you.

Question: Are you familiar with my guide, Dr. Willis? And can you tell me whether working with him would be more beneficial working with others?

Dr. Blair: Well of course child any time that you are in the awareness of your, what I might refer to as your primary guide or teacher it is best to work in that awareness because that one has been made available to you because of their own personal progression toward understanding. So it would indeed behoove you to call upon that one.

Response: Well I've worked with David and David says we are men and this leaves me wondering what I have in my own mind assumed with David, I hear changes in the voice when David comes through me in trance. I've just recently become aware of Dr. Willis and ____.

Dr. Blair: Yes, but you see child the concept of the thought there when you say assume, you know that tells you you have indeed been led astray somewhat.

Response: _____

Dr. Blair: Yes, I understand and if you have indeed the awareness of the inner levels on your own, of your own awareness of the voice that is speaking through, then you are what is called a light trance state, as it were. And, or you might refer to it as semi, and it would be probably behoove you to work toward that of getting to the total removal of self. So that you do not have

that awareness at all. Because as long as that awareness is there, there is bound to be some of yourself that is put into it, in the concept of disagreement, you see.

Response: _____ I have had occasions when I wasn't aware.

Dr. Blair: Yes, that is the best way. That's why Robert quit doing it that way. Because we never got anything accomplished because he was constantly saying, "Now wait a minute Doc. I can't but that". That's what he used to say to me, yes.

Response: Is working by myself or with others more beneficial?

Dr. Blair: Well, of course, in the beginning, by yourself. One of the mistakes that mankind makes in their searching for God or the God a-one-ness or awareness, is that man is extremely impatient. And they go at it as though they have to find it tomorrow, because they are indeed caught up in what man knows as being that of time. When in reality if they would relax with it all, not put limitations of time or anything else upon it, it would be received much more quickly. Yes.

Question: When we go into meditation and see and hear someone else if in our own mind...

Dr. Blair: Yes...

Question: Is that really someone else or is that just our own mental manifestations so that we can identify?

Dr. Blair: Well child it could be either. It could be that you are indeed communing with someone or what I refer to as the astral levels. Or indeed it could be as you had spoken there of it, where you are working on your own subconscious levels. Do you see what I'm saying?

But in any event, it's valid, yes it is. But you have to be careful about verbalizing that because they'll think you're a little weird. I'm teasing you. Yes.

Response: I feel like that anyway

Dr. Blair: Yeah but you know what my medium says, he says, boy it's a lot more fun. Yes

Yes, I have a couple Dr. Blair's there.

Question: In my meditation all I see so far or I don't hear any voices, all I see is beautiful colors like clouds going together. Is there any message in that or...

Dr. Blair: Yes indeed, there is. And that is I would, yes, just a moment, yes. I would indeed encourage you to, you can check with the medium, because he will have awareness of it and others here would also, but I would suggest that you make yourself aware of... Yes just a moment. What? Regeneration through color healing. And I believe you can find that in what's called a book. Because you are perceiving a great amount there in awareness without having the

benefit of the interpretation of it. Do you understand what I am saying? And that is the proper way I might stress, that everyone who is working toward development should, in the beginning, experience. So be patient with it, because as soon as you start having the awareness of the meaning of the varying colors then you will also find that other things will be added. Yes.

Question: Regeneration through healing?

Dr. Blair: I don't know what I said now because they were telling me. Through color healing he says. Yes.

Question: When information comes to a person through meditation and that information proves to be incorrect, what is one to think?

Dr. Blair: Well child, first of all I'd have to have an example of that of which you are speaking. Because if it was indeed information that was given to one pertaining to something which was forthcoming, as an example, and it later was not valid, then it might be because of the free wills of the individuals involved had changed, from the time that it was given. But remember that God nor spirit, no one usurps the free will of an individual. But I would have to know a little more in detail and example of that which you're speaking, you see.

Response: You've answered the question.

Dr. Blair: I thought I might have, yes.

Question: Have you seen God?

Dr. Blair: No, I haven't and the question child is that of the one that most of mankind would ask and verbalize in that same way because man has been taught to think of God in the form of a being, you see. And in reality I have had great opportunities of having awareness of God's light and a-one-ness. But I have not seen the fullness of that light and a-one-ness. Do you understand what I'm saying?

Response: _____

Dr. Blair: Well it is as though you know the lights in this room. They have that little switch, David what do you call it? Yes, that lets it go up by littles? Do you know what I'm talking about? It's just on a little tiny bit then turn it a little brighter, then a little brighter, then a little brighter? Well as you seek in spirit for your greater a-one-ness with God you are constantly coming into on a gradual basis, an even greater brightness of God's light. That is the best way I know to describe it. Yes. And if I had had the opportunity of experiencing that, I can assure you I wouldn't have the opportunity of manifesting in this manner through this physical body. Because my level of spiritual development would be too high for the vibratory levels of my lowering myself to be able to use the physical body in this way. Yes.

Question: Are you going to return to a physical world?

Dr. Blair: Not at all, my goodness. I'm so happy that I don't have that one to do again you know. Yes. But it was by my choice through working through, not only Robert, I work through two others you know, in this same manner. And through that I have worked through various lessons that I needed for my progression to evolve beyond this level. So you see, those of you who many times say, it's so beautiful that spirit comes through, you see on the other hand it is also extremely beautiful for us to have the opportunity because it's only through doing so that we can make our progression. Do you see what I'm saying?

Response: We work hand in hand.

Dr. Blair: Yes of course. Now, the Indian's on the war path. The time must be near. I just thought I'd throw that in. Yes, I'll let you ask that David whatever. Well sorry about that, didn't mean to get in, well you know I don't normally look in there. I won't say that. I was gonna tease him a little bit, but I don't think I should. Well maybe, no I guess not. I believe I feel like being kind tonight David, how's that? Yes I thought so. It's like a lot of gravy in there. I'm teasing. Yes. Well I know that I have utilized the time and it has once again been a pleasure for me to have this opportunity of manifesting in this manner. And as I leave you this night, I ask only that God pour forth is richest of all blessings upon each and every one of you. May you ever walk in his light and know his love. But most of all, may you be filled with his peace. God Bless you everyone.